DEPARTMENT OF THE ARMY HEADQUARTERS, UNITED STATES ARMY MATERIEL COMMAND 5001 EISENHOWER AVENUE, ALEXANDRIA, VA 22333-0001

AMC REGULATION 6 May 1991 NO. 215-1

Morale, Welfare, and Recreation

AMC RUN FOR YOUR LIFE PROGRAM

Supplementation of this regulation is prohibited without prior approval from HQ AMC, ATTN: AMCPE-AM, 5001 Eisenhower Avenue, Alexandria, VA 22333-0001.

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and 2869-2-R		A-1

- 1. **Purpose**. This regulation prescribes procedures and responsibilities for establishing a command Run For Your Life Program.
- 2. **Applicability**. This regulation applies to Headquarters (HQ), U.S. Army Materiel Command (AMC); AMC major subordinate commands (MSC) (including subordinate installations, and activities); and separate installations and activities reporting directly to HQ AMC.
- 3. References. Related publications are listed below.
- a. AR 215-1 (Administration of Morale, Welfare, and Recreation Activities and Nonappropriated Fund Instrumentalities).
 - b. DA PAM 350-18 (The Individual's Handbook on Physical Fitness).
 - c. FM 21-20 (Physical Readiness Training).

^{*}This regulation supersedes DARCOM-R 28-1, 5 April 1977.

4. Responsibilities. a. HQ AMC will--

- (1) Establish procedures for the AMC Run For Your Life Program.
- (2) Provide guidance to and assist installations.
- (3) Procure and award appropriate certificates and patches for personnel qualifying for the 2500, 5000, 7500, 10,000, 15,000, and 20,000 mile clubs.
 - b. Installation commanders will--
- (1) Provide support and supervision to afford personnel the opportunity to participate.
- (2) Designate a staff member point of contact to sponsor, organize, and administer the program.
- (3) Procure and award certificates and patches to personnel qualifying to the 50, 75, 750, and 1000 mile clubs.
- 5. **Objectives**. The Run For Your Life Program objectives are to--
- a. Offer opportunities for the military community to voluntarily participate in the program.
- b. Establish a physical conditioning activity that can be conducted on a year-round basis.
- c. Encourage installations to strive for maximum participation through dynamic leadership and publicity.
- d. Create an environment in which personnel will be interested in developing and maintaining their physical fitness.
- 6. **General**. The Run For Your Life Program is a voluntary participation program available to individuals and units. The program is designed for men, women and children, and establishes a physical conditioning activity that can be used over an extended period of time.
- 7. **Eligibility**. Active duty military, family members, and civilian personnel assigned or attached to AMC installations.
- 8. Organization and administration. AMC Form 2868-R ("Run For Your Life" Program Entry Application) will be used to enter the program. AMC Form 2869-R ("Run For Your Life" Progress Sheet) is used for the 6-week preparatory phase. As participants progress, a record is maintained on separate progress sheets for each phase. AMC Form 2869-1-R is used for the conditioning phase and AMC Form 2869-2-R is used for the sustaining phase. These reproducible forms are found at appendix A.

9. Awards. HQ AMC will award certificates and patches to personnel qualifying for the 2500, 5000, 7500, 10,000, 15,000, and 20,000 mile clubs. A sample format for submission is shown in figure 1.

Office Symbol of Requesting Installation MARKS Number

MEMORANDUM FOR Commander, Headquarters, U.S. Army Materiel Command, ATTN: AMCPE-AM, 5001 Eisenhower Avenue, Alexandria, VA 22333-0001.

SUBJECT: AMC Run For Your Life Awards

1. Reference AMC-R 215-1, the following individual(s) are qualified to be awarded certificate(s) and patch(es) for miles attained as indicated:

Rank Full Name

Qualifying Distance

Date Distance Attained

Type of Logs Attached

FOR THE COMMANDER:

(Signature Block)

Figure 1. Format for installations (sample memorandum)

The proponent of this regulation is the United States Army Materiel Command. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the Commander, HQ AMC, ATTN: AMCPE-AM, 5001 Eisenhower Avenue, Alexandria, VA 22333-0001.

FOR THE COMMANDER:

OFFICIAL:

WILLIAM B. McGRATH Major General, USA Chief of Staff

THOMAS H. DOLAN Chief, Operations and Support Division

DISTRIBUTION:

Initial Distr H (60) 1 ea HQ Acty/Staff Ofc B LEAD (960)

AMXDO-OP Stockroom (50)

"RUN FOR YOUR LIFE" PROGRAM ENTRY APPLICATION

(AF	MC-R	₹ 215-1)			
NAME:	RA	NK:	DATE:		
UNIT:					
		- Military Members)			
MILITARY SPONSOR'S NAME:		tary Dependents)	RANK:		
MILITARY SPONSOR'S UNIT:		(Military Dependents)			
AGE:					
If you are age 30 or older, complete the foll	owi	ng sentence:			
I have received a medical clearance necestrogram. FAMILY HISTORY OF HEART TROUBLE: Check the phase at which you will begin the I am entering the following phase of the Geometric Geomet	e pr	Yes Yes	No No		
Sustaining Phase To the best of my knowledge I am in good "RUN FOR YOUR LIFE" Program.	hea		elect to participate in the		
		(If under ag	e 16, parent must sign.)		
RETURN TO:					

			(AMC F	REG 215-		SHEET				
MARAE.			CDADE		IINIT:					
YAME:					(Do not use if Depo	endent)				
Willtary Do	ependent: Mil	itary sponsor's name):			Grade:				
	h	filitary sponsor's uni	t:			· · · · · · · · · · · · · · · · · · ·				
If you be:	gin the program	n in the Conditioning	Phase, us the	form printed	below.					
			PREPARATOR							
					TIME GOALS (IN MINUTES)					
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1	1 MILE	WALK			-0-	4-	- ~			
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2	1 MILE	WALK			13:00	14:00	15:00			
2	1 MILE	WALK			13:00	14:00	15:00			
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3 3	1 MILE	WALK/RUN CO			11:48	12:45	13:45			
4	1 MILE	WALK/RUN CO	***		11:46	12:45	13:46			
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4	1 MILE	WALK/RUN CO			11:00	12:00	13:00			
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5	1 MILE	WALK/RUN CO			11:00	12:00	13:00			
- 6	1 MILE	WALK/RUN CO			10:00	11:00	12:00			
6	1 MILE	WALK/RUN CO			10:00	11:00	12:00			
. 6	1 MILE	WALK/RUN CO	MBINATION		10:00	11:00	12:00			
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LMC FORM 2869-R

"RUN FOR YOUR LIFE" PROGRESS SHEET (AMC REG 215-1)											
NAME:			GRADE:		UNIT:						
					(Do not use if D						
ĺ ,	Military Dependent: Military sponsor's name: Grade: Grade:										
			CONDITIONING	PHASE (9	Weeks)						
1111	111111	777777777		11111		IME GOALS (IN MIN	UTES)				
WEEK	DISTANCE	MET	HOD		MEN UNDER 40	MEN OVER 40 WOMEN UNDER 4					
1	1 MILE	RUN			9:45 9:45	10:45 10:45	11:45 11:45				
1	1 MILE	RUN RUN			9:45	10:45	11:45				
2	1 MILE	RUN			9:30	10:30	11:30				
2	1 MILE	RUN			9:30	10:30	11:30 11:30				
3	1 MILE	RUN			9:30 9:30	10:30 10:30	11:30				
3	1 MILE	RUN			9:30	10:30	11:30				
3	1 MILE	RUN			9:30	10:30	11:30				
3	1 MILE 1 MILE	RUN			9:30 9:15	10:30 10:15	11:30 11:15				
4	1 MILE	RUN			9:15	10:15	11:15				
4	1 1/2 MILES	RUN/WALK C			15:00	16:30	18:00				
4	1 1/2 MILES	RUN/WALK C	OMBINATION		15:00	16:30	18:00				
5 5	1 MILE 1 MILE	RUN RUN			9:00 9:00	10:00 10:00	11:00				
5	1 1/2 MILES	RUN/WALK C	OMBINATION	-	14:00	15:30	17:00				
6	1 1/2 MILES	RUN/WALK C			14:00	15:30	17:00				
6	1 MILE	RUN			9:00	10:00	11:00				
6	1 MILE	RUN			9:00	10:00	11:00				
6	1 MILE 1 1/2 MILES	RUN	OMBINATION	+	9:00 13:00	10:00 14:30	11:00 16:00				
6	1 1/2 MILES	RUN/WALK C			13:00	14:30	16:00				
7	1 MILE	RUN			8:30	9:30	10:30				
7	1 MILE	RUN			8:30	9:30	10:30				
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8	1 1/2 MILES		OMBINATION - 6		13:00	14:30	16:00				
8	2 MILES	RUN			17:00	19:00	21:00				
9	1 MILE	RUN			8:30 8:30	9:30 9:30	10:30 10:30				
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llmes :				nall ac-s-la	la progress she	nt to					
Upon completion of required miles for an award, return or mail complete progress sheet to Military sponsor must sign progress sheets for dependents:											
					(Signature of partic	cipant, sponsor, or unit cor	nmander)				

AMC FORM 2869-1-R 30 APR 91

"RUN FOR YOUR LIFE" PROGRESS SHEET (AMC REG 215-1)											
NAME:				GRADE	•		UNIT:				
NAME: GRADE:											
Military Dependent: Military sponsor's name: Grade:											
Military sponsor's unit:											
				SUSTAINING P	HASE (Indef	inite)	_			
The desire	d goal during this	phase is to	run a minimur s necessary to	n of 7-10 miles per to receive credit for t	week. The this phase.		т	IME	GOALS (IN MIN	UTES	3)
							MEN		MEN OVER 40 OMEN UNDER		WOMEN OVER 40
	RUN			DISTANCE I MILE		U	8:30		9:30	~	10:30
	RUN			1 1/2 MILES			13:00		14:30		16:00
	RUN			2 MILES	İ		17:00 21:30		19:00 24:00		21:00 26:30
	RUN RUN			2 1/2 MILES 3 MILES			25:30		28:30		31:30
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Upon completion of required miles for an award, return or mall complete progress sheet to											